

## ATTITUDINAL QUALITIES OF MINDFULNESS

### ACTIVITY 19 - AUDIO CLIP - AWARENESS OF PREFERENCE



**What you need:**

Audio clip: awareness of preference

Speakers

**Rationale:**

This is a playful way to notice the tendency of the mind to like and dislike. It is best to use this clip after there has been a thorough exploration of what the mindful attitude is. Again, the conceptual knowledge is conveyed and then we deepen this understanding by exploring this experientially.

**Instructions:**

Let the young people know that you are going to play an audio clip that lasts a few minutes long. In this clip there are many different sounds - some will be pleasant, others will be unpleasant, and some will be neutral - neither pleasant nor unpleasant. Explain that you will guide the young people in a short mindfulness practice to help them become present and aware, and then you'll play the clip. Also invite them to pay particular attention to how they react to different sounds, what thoughts arise, but most importantly, how their body reacts to the various pleasant, unpleasant and neutral sounds. Guide them in a mindfulness practice lasting about two minutes finishing by bringing awareness to the whole body breathing, then play the audio track. After the track is finished, have them share in pairs on their experience of listening to the track, before opening to a whole group enquiry process. It's particularly helpful to highlight the reactions of the body to the various sounds. From this we can then emphasize that we are not simply training the mind in mindfulness - we are training the whole body - our nervous system - our whole being.

It is important to be mindful during this exercise of the group you are working with as some of the sounds such as the baby crying may be triggering for some. You may want to introduce the breath as a safety net, a place to bring focus back to if the practice feels uncomfortable and to re-emphasise that we are in a safe space to explore what may arise.